

What Is Claimed Is:

1. A steam generator applicable to the skin or mucosa, and having a steam generation portion which comprises a steam-generating composition containing a metal powder, a salt, and water and discharges steam as the metal powder is oxidized, wherein the steam-generating composition is held or sandwiched in a support so as to inhibit the movement of the steam-generating composition in the steam generation portion, the steam generation portion is formed into a sheet, and an adhesive layer is provided on the surface of the steam generator which is applied to the skin or mucosa.
2. The steam generator according to claim 1, wherein a cosmetic or pharmaceutical component is contained in the adhesive layer.
3. The steam generator according to claim 1, wherein openings guiding the steam discharged from the steam generation portion to the skin or mucosa are provided in the adhesive layer.
4. The steam generator according to claim 1, wherein the adhesive layer is provided at least on the non-

peripheral portion of the surface applied to the skin or mucosa.

5. The steam generator according to any one of claims 1 to 4, wherein the steam generation portion comprises the steam-generating composition held in the pores of a nonwoven fabric.

6. The steam generator according to any one of claims 1 to 4, wherein the steam generation portion comprises a paper sheet formed from the steam-generating composition and a fibrous substance.

7. The steam generator according to any one of claims 1 to 4, wherein the steam generation portion comprises a viscous liquid or liquid layer containing a salt and water, which is applied on a support, and a powder layer that comprises a metal powder and is laminated thereon.